



VCU

Virginia Commonwealth University
VCU Scholars Compass

Great VCU Bike Race Book Student Blog Posts

Great VCU Bike Race Book

2015

Bike Athlete Performance, Blog 3

Camellia Espinal

Virginia Commonwealth University



Follow this and additional works at: https://scholarscompass.vcu.edu/bike_student



Part of the [Higher Education Commons](#)

This work is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 4.0 International (CC BY-SA 4.0) License.

Downloaded from

https://scholarscompass.vcu.edu/bike_student/34

This Blog Post is brought to you for free and open access by the Great VCU Bike Race Book at VCU Scholars Compass. It has been accepted for inclusion in Great VCU Bike Race Book Student Blog Posts by an authorized administrator of VCU Scholars Compass. For more information, please contact libcompass@vcu.edu.

Bike Performance

<https://rampages.us/caribbeanisol/>

Camellia Espinal

BOOSTPERFORMANCEVCU

ASSIGNMENT #5

OCTOBER 14, 2015 [LEAVE A COMMENT](#)

1.) The interview with Evelyn Stevens was my favorite because she gave a good overview of the sport without dwelling on a single aspect. Additionally, she had detailed examples of her experiences and her passion for cycling showed.

2.) The second interview was my least favorite because there was more statistical information. The information was not necessarily relayed from a first person perspective, as were the other videos.

3.) What stood out most in each video: (I) The importance of cycling safety, "Bike lanes are just painted lines, it's not like there's a forcefield." (II) "One-third of greenhouse gas emissions comes from transportation." (III) The amount of sleep Evelyn receives impacts her performance. "If I had my own company, I would probably install sleep pods."

4.) Who I perceive to be the target audience: (I) Kinesiology majors and cycling enthusiasts because he speaks about preparation for race day versus recreational cycling. I also believe Richmonders are an audience, due to the emphasis on the race being held here. (II) The audience was for individuals interested in nutrition, specifically sports nutrition, as well as eco-conscious individuals or those interested in reducing their carbon footprint. (III) Cycling enthusiasts, those interested in nutrition and sports science. Ultimately, because she covered a variety of topics, she appeals to a broader audience.

BOOSTPERFORMANCEVCU

NUTRITION ON THE GO!

OCTOBER 1, 2015 [LEAVE A COMMENT](#)



<https://youtu.be/JbBU0PYIqRQ>

TRACK MEET NUTRITION

SEPTEMBER 24, 2015 [LEAVE A COMMENT](#)

I was preparing for a track meet for the following day and I had 3 events, for which to prepare. The coaches recommended we eat a pasta dinner the night before to load up on carbs for energy. Paired with the pasta, was chicken and broccoli, sesame oil and parmesan cheese. I didn't know all the science behind how carbohydrates acted as fuel to the body, but I know it worked. In a previous meet, I had not properly prepared, and almost passed out after running the 1600 meter event. I was only filling in for a teammate, as the 1600 was not one of my normal events. When I completed the run, I had to go straight to high jump, where I scratched all 3 attempts. Eventually, I conceded to drop the 400 meter, in order to regain strength for the 4×400 meter relay. My coaches were concerned and asked what I had ate that day. I had only consumed a lunch of a sandwich, pretzels, and water. One of them nervously laughed and asked someone to get me snacks and a sports drink, as I lay in the grass. I now know that I was dehydrated, improperly nourished for competition, as well as an iron-deficient anemic. Understanding when and how to fuel my body, would have propelled my performance.